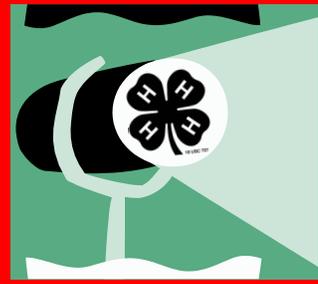




EMPOWERING 4-H



Empowerment can be one of the most effective ways for providing young people with opportunities to develop life skills. According to Webster (1998), empower means “(1) to give official authority or legal power to; (2) enable to; (3) to promote the self actualization or influence.” The strategy in the first definition can be quite effective provided that the young person has the needs skills to achieve the desired outcome. For many youth, the third definition is more suitable. Adults need to assist or promote building of life skills.

Adults often assume that “empowering youth” is a synonym for giving up all guidance, control and responsibility for a project to the young people. This approach is often met with failure on the part of the youth, frustration on the part of the adults and disappointment for all involved.

Here are some simple ways adults can empower teens in your community:

Make a long-term commitment to involve youth in meaningful ways. Make them a part of the planning, organization, teaching, and working from the BEGINNING.

Treat young people with the same RESPECT you treat other adults/peers.

Involve a DIVERSE GROUP of young people, not just the stars. Traditional youth leaders are obvious, but a less obvious young person may have a passion for your cause, a better perspective of the issue, and a huge willingness to participate.

Involve PARENTS to make it easier for youth to participate. If other adults are invested, the commitment level of the young person increases.

Recruit at least TWO young people to work in partnership with adults. Youth are naturally intimidated by adults –having a peer nearby can help boost their confidence.

Provide youth the opportunity to WORK ON THEIR OWN yet provide support when needed.

Empowering teens is a **PROCESS** through which adults begin to share responsibility and power with young people. Because it is a process, empowerment is something that is achieved over time, not overnight. Each young person, like adults, has different skills. Working with youth to assist in building their life skills fosters competent empowered youth. As we move through the fair season, UNL Extension hopes that as 4-H Leaders and parents you help empower your youth to take their knowledge and allow them to work at creating an exhibit that demonstrates that learning. 4-H provides an excellent chance for your youth to learn and utilize this amazing life skill.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

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Special points of interest:

- 4-H'ers can use their hands for larger service with these tips for clubs and community service!
- Keep safety first with these tips for a successful safety project.
- Explore the World of Wheat Science with this delicious and easy recipe for making Bread in a Bag!





COMMUNITY SERVICE WITH A FOOD TWIST

Community service teaches youth (and adults) the importance of thinking about others as well as giving back. Volunteering to help others is enriching for both the recipient and the giver. Consider adding a community service piece to your 4-H'ers foods projects. The following ideas can also be used by all members of a club even if a youth is not enrolled in a foods project.

BAKE FOR SOMEONE ELSE The Nebraska Wheat Board sponsors Bake and Take Days in March.



This event encourages people to bake an item and share it with a neighbor or shut-in. Baking an item and sharing it with others can be done any time of year. Before sharing, make sure that the recipient can have the item due to food allergies or medical restrictions. Donate healthy snacks to local events such as library story hour.

BAKE SALES This is not a new idea but it still works. Youth gather baking skills as well as marketing, selling and the sometimes lost art of making correct change. Don't forget the food safety – washing

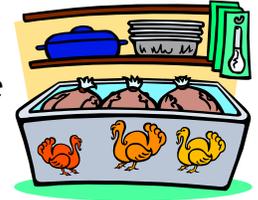
hands, selling items that can be safely kept at room temperature, potential for food allergies. Donate the proceeds to a local charity or community fundraiser.

HUNGER AWARENESS There are people in our own community who are struggling to feed their family. Raise awareness in your club and your community about the need for safe and healthy food. Conduct a food drive. Visit the local food pantry to find out what foods are needed and donate accordingly. Visit a homeless shelter or rescue mission. Better yet, ask if you and your 4-H'ers can help by providing and/or serving a meal.



ADOPT A FAMILY

Provide a turkey at Thanksgiving. Share produce from the garden (great way to include the horticulture 4-H project). Make a healthy breakfast or other meal for someone in need.



VISIT A CARE FACILITY OR SENIOR CENTER



Play bingo and provide the prizes – bananas are a hot commodity and usually go first. Ask the care facility representative about suitable items that can

be brought in since some foods are not allowed.

GROCERY SHOP WITH A SENIOR CITIZEN

Those labels have small print and are hard to read so an extra set of eyes is appreciated. Reaching and lifting can also be a struggle so youth can help in that capacity as well.



KEEP IT SAFE AT 4-H CLUB MEETINGS

Safety is a project area with appeal to many ages in your 4-H club. First-aid skills and preparations are useful to every family. All youth should be taught to dial 9-1-1 (or other local emergency numbers) and have practiced with a leader, parent or older youth how to talk to a 9-1-1 dispatcher.



Callers should be able to describe the emergency, know where they are and stay calm while trying to answer the dispatcher's questions. A local emergency responder may be able to be a guest speaker at your meeting for this lesson. For more information and a video for younger children, visit <http://www.pediatricsafety.net/2010/07/the-importance-of-teaching-kids-to-use-911/>.



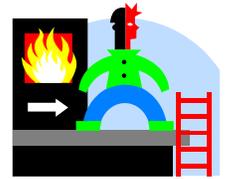
Younger youth should know general first-aid skills such as cleansing and bandaging a minor cut or scrape. A fake "wound" made with a little smear of ketchup is an inexpensive and a fun way for the members to practice cleansing and bandaging one another.

Making a simple mini-first aid kit would be a related activity easily accomplished in a short time and inexpensive for club leaders to coordinate.

While these would not be eligible for fair entries, they would be useful for the youth. A leaders guide from West Virginia Extension is available at 4-hyd.ext.wvu.edu/r/download/42722.



A fire escape poster or fire safety poster is another great project for younger members or CloverKids. Both of these posters are fair projects as well. Refer to the fairbook for specific details.



Older youth have many options available to explore safety. In addition to first-aid and disaster kits and safety notebooks, a few new projects have been added to the fairbook for deeper exploration and learning for older youth. For youth that have the opportunity to participate in a safety training experience, they can document the experience and their learning. Examples include first-aid or CPR training, a babysitting workshop focused on safe child care practices, or a farm safety day camp. Attending an event could be a club activity.



A second new project is an opportunity for youth to explore a career in safety. Examples include firefighters, police officers, paramedics and others listed in the fairbook. Inviting one of these professionals, or in rural areas, volunteers, to a meeting to discuss training and education required, regular tasks of the position, career advancement opportunities and other aspects of their job would help get youth started in producing an essay, poster or video documenting what they have learned for the fair.

The project manuals available include Citizen Safety (4-H 425) and Home Building Blocks (4-H 195). Accessing the scoresheets for the fair entries will also help youth understand the detailed requirements of any fair projects.

They are available at <http://4h.unl.edu/web/4h/statefair4h>.



FUN SCIENCE PROJECT FOR YOUR NON-SCIENCE CLUB MEETING

When most club leaders hear the word science, they tend to shy away. Science can be about test tubes and beakers, but it can also be about lots of other fun things too! In this activity, youth can decorate a t-shirt or frame a piece of fabric to create fun fair projects all while experimenting with science and having fun.

Items Needed:

Pre-washed white t-shirt (100% cotton) or fabric pieces, Sharpie (Permanent) Markers, Rubbing Alcohol (70%), Rubber Bands, Rubber dropper, and Plastic Cups.

Experiment:

1. Place the plastic cup inside the middle of the t-shirt. Position the opening of the cup directly under the section of the shirt that you want to decorate. Stretch the rubber band over the t-shirt and the cup to secure the shirt in place.
2. Place about 6 dots of ink from one marker in a circle pattern about the size of a quarter in the center of the stretched out fabric. If you like, use another color marker to fill in spaces in between the first dots. There should be a quarter size circle of dots in the middle of the plastic cup opening when you are finished.
3. Slowly squeeze approximately 20 drops of rubbing alcohol into the center of the circle of dots. DO NOT flood the design area with rubbing alcohol. The key is to drip the rubbing alcohol slowly in the center of the design and allow the molecules of ink to spread outward from the center. As the rubbing alcohol absorbs into the fabric, the ink spreads in a circular pattern. The result is a beautiful flower-like pattern.
4. Do not let the pattern spread beyond the edges of the cup. Allow the developed design to dry for 3 to 5 minutes before moving on to a new area of the shirt.
5. It is important to heat set the colors by placing the shirt in the laundry dryer for approximately 15 minutes.
6. **Warning:** Rubbing alcohol is very flammable and must be kept away from any open flames or heat. This experiment must be conducted in a well-ventilated area, preferably outdoors or in a room with open windows.



How does it work?

This is really a lesson in the concepts of solubility, color mixing, and the movement of molecules. The Sharpie markers contain permanent ink, which will not wash away with water. Permanent ink is *hydrophobic*, meaning it is not soluble in water. However, the molecules of ink *are* soluble in another solvent called rubbing alcohol. This solvent carries the different colors of ink with it as it spreads in a circular pattern from the center of the shirt.

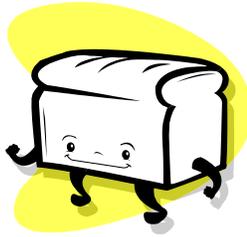
References:

www.stevespanglerscience.com

BAKIN' IT EASY

BREAD IN A BAG - WORLD OF WHEAT SCIENCE

Cook together, eat together, and make breads a part of family mealtime. The bread we love provides us with essential nutrients. To be at our best, we need great fuel. Grains provide that fuel. Bread features complex carbohydrates, the body's preferred source of fuel, as well as fiber, iron, Vitamins B & E.



Daily dietary guidelines for children recommend three to seven ounces of the grains group, depending on age and gender. Encourage kids to increase the amount of whole grains in their diet. At least half of the grain foods we eat should be of the whole grains. Whole grain foods keep all parts of the kernel, so our bodies get the fiber and full nutrition of the grain.

The most exciting way to introduce bread making is a simple, successful Bread in a Bag method and the results are yummy! Most adult volunteers will feel comfortable guiding youth; otherwise, recruit an adult with baking skills. Purchase ingredients and have equipment and supplies on hand. Wash hands and countertops. Read the recipe and take it one step at a time as youth make bread; groups of four are ideal. As the sponge develops, you will need about 10-15 minutes of activities. Here's a kid-friendly recipe:



Combine ingredients in 2 gallon zip-loc bag:

- 1/2 c. white flour
- 2 1/4 t. yeast
- 2 T. sugar
- 1/2 c. warm water

Close top of bag. Mix together by working bag with fingers from the outside until ingredients are blended. Set aside bag to rest about 15 minutes; as sponge develops, mixture will be bubbly.

Add remaining ingredients:

3/4 c. warm water

1 T. vegetable oil

1 t. salt

3 c. flour (1 c. wheat and 2 c. white flour is recommended)

Again, mix ingredients by working bag with fingers. Dough should pull away from bag. Push dough onto floured surface. Kids may need to flour their hands. Knead 3-5 minutes. Form into a loaf. Grease or spray bottom and sides of pans. Let rise approximately 45 minutes. Bake in preheated 350 degree oven for 30-35 minutes. Remove bread from pan; cool on wire rack. The warm bread is ready to enjoy.

This shared experience provides a sense of accomplishment and pleasure. The kids can eat bread at the meeting and/or take some home to their families to eat together. Bread: a great choice, any way you slice it!

Additional resources (no endorsement intended):

<http://www.choosemyplate.gov>

<http://www.nebraskawheat.com>

<http://www.wheatfoods.org>

<http://www.kswheat.com>

<http://www.gowiththegrain.org/pdf/MullenGrainsProgram.pdf>

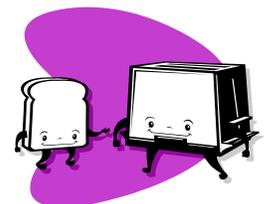
<http://www.baking911.com>

<http://www.breadworld.com>

<http://www.homebaking.org>

<http://www.nutritionforkids.com>

<http://www.agclassroom.org>





DEVELOPING LEADERS FOR TOMORROW

4-H provides youth a variety of leadership opportunities from the local level to the state level. Leadership opportunities can begin with youth stepping up as a committee chair or officer in their club. Youth leaders can take on roles at the county level serving as junior leaders or holding a position on the 4-H Council.

Often youth are looking for opportunities to serve in a leadership role outside their local community or county. Involvement beyond the local level leads to new experiences, new friends and networking possibilities. Many opportunities exist; youth just need to be pointed in the right direction to get involved. Members who have participated in the Premier Animal Science Events or Life Challenge for at least two years are eligible to apply for the statewide Youth Advisory Board. The Youth Curriculum Committee is also available to 4-H members; more information can be found at <http://4h.unl.edu/youthcurriculumcommittee>. For youth involved in the horse project, opportunities exist to serve as a youth member of the Horse Advisory Committee.



Competitions are also a method youth can use to develop their leadership skills. National Dairy Conference, 4-H Conference and 4-H Congress are all opportunities for youth to shine by recording their 4-H experiences in either an application or the 4-H Career Portfolio. Nebraska chooses one individual involved in dairy projects through a statewide application process. The winner attends the National Dairy Conference held in conjunction with the World Dairy Expo in Madison, Wisconsin. For more information: <http://4h.unl.edu/dairyconference>. 4-H Conference is available to youth through an application process including a cover letter, a 4-H resume and an in-person interview. Two youth leaders are selected to represent Nebraska at this National opportunity. Guidelines are located at <http://4h.unl.edu/conference>. For youth who are passionate about their 4-H project areas, 4-H Congress may be something to look into. Youth can complete their 4-H Career Portfolio and compete for a position to attend National 4-H Congress. For information regarding the career portfolio and the Congress opportunity, go to <http://4h.unl.edu/congress>.



Non-competitive experiences at the state level may be more attractive to some youth. NPower Conference held in July is the perfect opportunity for youth to learn about themselves as leaders, how to work with other individuals and groups as well as a variety of problem solving, conflict resolution and decision making skills. Registration for the conference can be found at <http://www.nestudentleadership.org/main.html>.

There are also numerous opportunities for statewide volunteerism at the many activities 4-H has to offer. Encourage youth to become engaged in leadership opportunities at all levels; another way "To Make the Best Better"!

WHAT MAKES A GOOD CLUB PROJECT? CONSIDER YOUTH CORN CHALLENGE

2013 Innovative Youth Corn Challenge



9 teams from 7 counties



Club leaders have the opportunity to exert a positive influence in the lives of their members. Creating a good club project doesn't have to be difficult or cumbersome. Rather than creating multiple projects throughout the year, consider creating a year-long project. This allows the leader and other adult volunteers to focus on one major project and not create multiple projects throughout the year. A good club project should empower young people to make decisions and be responsible for the outcome of the project. The project should also use a mentoring system for new members and recognize that each member brings their unique strengths to the project.



Excellent club projects allow youth to have fun with other members, while making new friends. It is important youth are learning new skills/knowledge that interests them. While it might be impossible to find one project that sparks the interest of all members, find different tasks or components of the project that utilize different members' talents. Club projects can also give back to the community by providing service to others. Consider adopting an organization or charity that needs help throughout the year.

If members are interested in a project area or want to work as a team in a competitive event, there are numerous opportunities available through Nebraska 4-H.

One project in its second year related to plant science is the **Innovative Youth Corn Challenge** which has the potential to incorporate elements of a successful club project. First, find a project mentor or sponsor for the project with knowledge of crop science. Secondly, organize club members to participate in the project throughout the year based on areas of interest. For example, youth with a background in the crop sciences can do the brainstorming and set up the project's challenge plot. Club members who are organized and pay attention to details can be in charge of keeping records. Older members can mentor younger ones. There are many ways this could be set up; it just takes an organizational meeting to determine youth's interests and strengths.

This concept can be applied to any project, but if clubs are interested in this project, details can be found at <http://cropwatch.unl.edu/youth> and click on Innovative Youth Corn Challenge.





CALENDAR OF EVENTS



HOSPITALITY, RESTAURANT & TOURISM MANAGEMENT

4-H members that like planning meals and designing interesting presentation of food, especially the skills developed when competing in the Favorite Foods Revue Contest, might be interested in a career in Hospitality, Restaurant & Tourism Management. Members who are interested in entrepreneurship by adding income to their family farming/ranching operation through hunting ventures or agritourism and those interested in careers in outdoor recreation will want to explore the offerings in the Hospitality, Restaurant & Tourism Management program at the University of Nebraska-Lincoln. UNL is the only institution in the state offering a comprehensive hospitality management curriculum.

The Bachelor of Science in Hospitality, Restaurant & Tourism Management is jointly offered by the College of Agricultural Sciences and Natural Resources and College of Education & Human Sciences. The degree prepares individuals to serve as general managers and directors of hospitality operations by providing an excellent foundation in hospitality, leadership, and business. The program integrates hospitality marketing strategies, communications, and financial management into a curriculum focused on managing facilities and

operations that provide hospitality services to the public. Students select from six emphasis areas offered through the College of Education and Human Sciences: Food & Beverage, Lodging, Convention and Meeting Planning, Human Resources, and Public Relations. There are also two emphasis areas offered by the College of Agricultural Sciences and Natural Resources: Tourism and Parks and Recreation.

Students majoring in Hospitality, Restaurant & Tourism Management will have opportunities to participate in study tours, the program provides a nature based tourism option, and can become active in Culinology® Hospitality Management Club. Students will be required to complete a practicum experience prior to graduating. To learn more about a career in Hospitality, Restaurant & Tourism Management contact: Dr. Fayrene Hamouz, (402) 472-1582, fhamouz1@unl.edu, or Dr. Marilyn Schnepf (402) 472-3735, mschnepf1@unl.edu .

4-H! YOUR FIRST CLASS AT THE UNIVERSITY OF NEBRASKA!